

## ABSTRACT

The present invention provides a method for controlling transmission latency in a communications system, wherein the communications system is subject to a noise signal having at least a first noise phase and a second noise phase. The method includes determining a first bit rate for symbols transmitted during the first noise phase, and a second bit rate for symbols transmitted during the second noise phase, the first bit rate and the second bit rate being constrained such that a transmission latency does not exceed a pre-determined maximum allowed transmission latency; and transmitting symbols at the first bit rate during the first noise phase and at the second bit rate during the second noise phase. In other variants, the invention provides an apparatus, a constrained rate receiver, a transmitter and a signal.